

January 2013



Peer Linking Peers

A bridge to self advocacy

Recovery Innovations

This and previous issues can be found on the Network of Care Website

<http://sandiego.networkofcare.org/mh/content.aspx?id=1052>

Volume 5, Issue 1 January 2013

Wellness and Gratitude

By Jeffrey Najarian, CMT

As we enter into 2013 it can be a powerful time to reflect on both where we have been in the past year as well as what we would like to envision creating in our life in the coming year. One useful tool in the reflective process can be gratitude. Gratitude, has the ability to retune our focus. It allows us to look at the things we are already thankful for, the successes we have made, and reflect on the positive aspect of our journey. We can begin thinking back over the course of our life

and look for things that made us happy: a smile from a stranger, the perfect outfit for a special occasion, some hot chocolate on a rainy day, our first visit to the beach or the fair...and begin writing all those things down. We can, if we choose find the good in each day. It may take a little practice. Gratitude is a recovery tool that can be used because of its ability to transform challenging moments and reframe them in a way that is

more useful. The more we cultivate the ability to look for the good in situations, the more power we find to meet whatever situation we find in our path.



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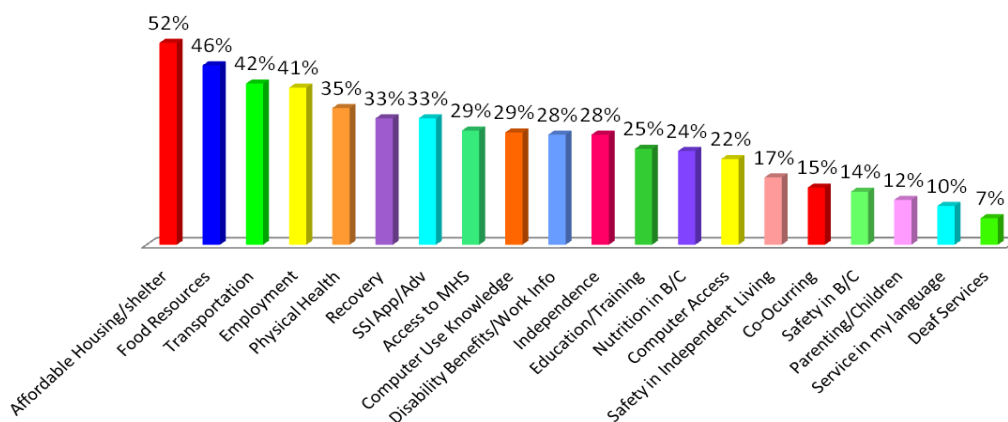
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Food Resources:

Golden Share: Community distribution of fresh food throughout San Diego County at low prices each month eligible to all. For more information 619-590-1692.

www.goldensharefoods.com

Peer Liaisons Feedback Concerns by % of 190 Forms Received for November

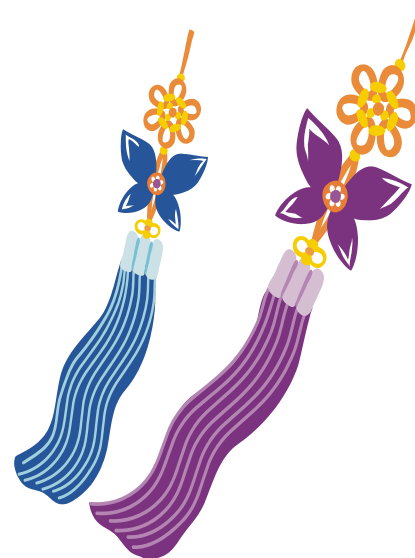


How Recovery Changed My Life

By Maureen Swan, BA

When thinking about what has helped me the most in my recovery journey, I would have to say that “A Course In Miracles”, a self study in spiritual psychotherapy has been that tool. Although I have been an ‘on again, off again’ student of the course over the years, I have to admit that it has brought me much peace and happiness when I have been conscious enough to apply its principles. In addition to a text at the beginning and a manual for students at the end of the

course, there are 365 lessons included: one lesson for every day of the year. The Course focuses a lot on forgiveness; and the Course’s definition of a miracle is simply a “shift in perception”: being willing to see things differently. For links to many of the sites that are available on the Course, go to my favorite teacher’s website, www.jacobglass.com.



2013 Wellness and Recovery Summit

By Jeffrey Najarian, CMT

Recovery Innovations would like to invite people who are receiving Behavioral Health Services in San Diego County to attend the **6th Annual Wellness and Recovery Summit** being held on **Wednesday March 20, 2013 from 9:00am-3:00pm**. This year’s event is being held at the Joe and Vi Jacobs Center, The theme of this year’s Summit will be “**Living the Dimensions of Wellness.**”

Winners of the “This Person Award” will be honored. The nomination

form is part of the Summit Registration Packet and is being emailed out with this Newsletter. Included in the registration is a nomination form for the “This Person” award. Describe how the “This Person” you are nominating helped you on your journey of recovery. The registration **deadline is February 8, 2013**. The summit’s registration usually fills up about mid-January, so sign up soon. To attend the summit you must be registered and receive a confirmation from Re-

covery Innovations.

If you have questions you can call (858)-274-4650 or email: karen.hayman@recoveryinnovations.org.

To submit your registration by fax please dial: 858-274-4662

Peer Employment Training, How do I get Started?

By Judi Holder

Here is the information you need to get started with PET:

- Complete all 8 sessions of WRAP (Wellness Recovery Action Plan). Classes are offered throughout the county as well as at the Recovery Innovations office.
- To sign up for PET, call Markov Manalo at 858-274-4650 to get your name on the list for the next avail-

able training. (If he is unavailable to take your call, someone will be happy to assist you.)

- 2-3 weeks before the PET orientation, we will calling to confirm that you will be attending and reserve your spot in the upcoming class. You will be given information about orientation as well as class dates and times. Attend the PET orientation.

- Completion of the orientation is required. Within the week prior to the first day of class, there will be an orientation where you will learn what to expect during the PET class.

We look forward to working with you in the future on your recovery journey.

Roadmap to Recovery

By Renee Mosby

Roadmap to Recovery (R2R) is a 13-week education group that encourages people to have an active role in their recovery and gives them skills and direction to do just that. The groups are an hour and a half long and are self-contained. Using funny and attractive graphics, R2R encourages discussion of topics like medication and communication with your doctor.

Roadmap to Recovery is provided in Clubhouses and clinics across the county, with some groups provided in Spanish. Behavioral Health Education and Training Academy (BHETA) hires, trains and coordinates the fa-

cilitators of Roadmap to Recovery. Before a facilitator can provide groups they must complete a 27-



hour training and be observed co-facilitating a successful group session.

Roadmap to Recovery is a peer

driven education group. It was designed to provide peers with information to enable peers to be more active participants in the medication regimes designed for people living with severe mental health challenges.

R2R has continued to be driven by participants and graduates. Person centered treatment and education is supported throughout the R2R.

For a list of the facilities where R2R is provided please contact BHETA at 619 594-0923.

Recreational Recovery

By David Drees

Mental health is much broader than simply the absence of mental health challenges. Mental health can be defined as “a state of successful mental functioning, resulting in productive activities, fulfilling relationships, and the ability to adapt to change and cope with adversity” (*). Thus, mental health is integral to human functioning and growth, the development of meaningful rela-

tionships, contributions to society, and the quality of life for people. Recreational Recovery (RR), otherwise known as Therapeutic Recreation (TR), plays a very key roll in promoting the mental health of people in our diverse society. Dealing with and transcending our challenges is an essential factor to maintain or promote mental health. RR’s contributions to the process are important

and can be as unique as the individual themselves. Writing in a journal, taking an arts and crafts class, enrolling in a drama or comedy shop course, picking up and learning a musical instrument are just some of many different activities one can use for Recreational Recovery *USDHHS, 2000, p.37

January County Wide Peer Liaison Meeting

Featuring

Holistic Healing Support for Recovery

Acupuncture, Qigong and Hypnotherapy

****New Meeting Day****

4th Tuesday Every Month

January 22, 1-3 PM

3851 Rosecrans St. Coronado Room

Recovery Innovations

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San Diego, Ca 92109

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Mary Benson, Peer Liaison Team Lead
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Peer Liaisons Assist People to advocate for their needs and rights. We act as a two way conduit to gather and disseminate information between the San Diego County Behavioral Health System Administrators and people receiving services and their families. We provide hope, encouragement, and connection to the community through county-wide forums, focus groups, county meeting attendance, resources and our monthly newsletter.



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Upcoming Community Events

January 1st Recovery Innovations will be closed

WRAP (Wellness Recovery Action Plan) is held in office

Every Monday, Tuesday, Wednesday, and Friday 9-11 AM

January 3rd Mental Health Board 4-6 PM 1600 Pacific Highway

January 3rd NAMI Education and Advocacy 6:00-8 PM @ 1600 Cleveland, San Diego

January 8th Peer Liaison Area Meeting North Coastal 10-12 AM Mariposa Clubhouse

January 8th Peer Liaison Area Meeting Central 10:45 AM Corner Clubhouse

January 14 Peer Liaison Area Meeting North Inland 9:45-11:45 AM Escondido Clubhouse

January 15th Peer Liaison Area Meeting East County 10 AM East Corner Clubhouse

January 21 Martin Luther King Day Recovery Innovations will be closed